



# CALIFORNIA WorksWell

APRIL 2002

A PUBLICATION FOR THE EMPLOYEES OF THE STATE OF CALIFORNIA

## Take Action!

Warmer weather is on the way and with it an opportunity to boost your health by participating in the second annual statewide activity challenge. This may be just what you need to get started on an exercise program or stay motivated to maintain your existing routine this spring.

Take Action! will be held mid-May through mid-July 2002. The goal of Take Action! is to encourage and promote physical activity over a 10-week period, which will help you improve your health by beginning, continuing, or increasing your level of regular exercise.

Physically active persons are at lower risk for heart disease, colon cancer, diabetes complications, high blood pressure, high cholesterol, and osteoporosis. But, over 60% of California's adult population do not get enough physical activity to reap these health benefits.

The Take Action! program can help you make physical activity a greater part of your

*continued on back page*



## Identity Theft: It's Your Loss

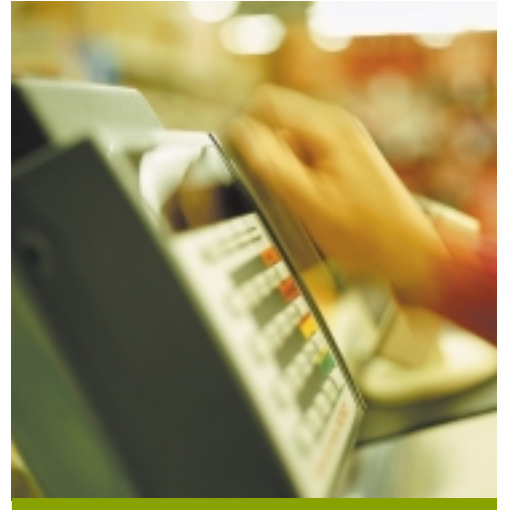
IDENTITY THEFT OCCURS WHEN SOMEONE POSES AS YOU for the purpose of using your personal financial information to apply for and obtain loans, leases, and other financial commitments or to access credit cards, bank accounts or other financial resources. Unlike other forms of theft, identity theft can go virtually unnoticed. Often, people aren't even aware that they have been victimized until they attempt to apply for new credit or a loan.

For criminals, identity theft is relatively easy, low-risk and quite profitable. For victims, identity theft is a nightmare, with lasting implications. Federal and state legislation, in conjunction with the banking industry, may help to limit your actual liability from identity theft, but can do little to help you regain your financial health.

### How Does an Identity Thief Obtain Your Personal Information?

Most victims of identity theft don't even know how the criminal obtained their personal information. The following are the most common ways:

- **STEALING YOUR PURSE OR WALLET.**
- **TAKING MAIL FROM YOUR MAIL BOX,** like bank or credit card statements.
- **"DUMPSTER DIVING,"** or pilfering items from your garbage (receipts, discarded credit card offers).
- **POSING AS SOMEONE ELSE** to fraudulently obtain your credit report.



- **WATCHING YOUR IN-STORE OR ATM TRANSACTIONS** — "shoulder surfing" — to obtain your ATM PIN.
- **POSING OVER THE PHONE AS SOMEONE ELSE** (bank representative, credit card company) with the intent of getting you to "verify" personal information.

### Protect Your Personal and Financial Information

It is crucial that you make a conscious effort to protect your personal and financial information.

- Consider reducing the amount of information printed on your checks.
- Be very leery of requests to "verify" personal information over the phone. Never give out your credit card number or any other personal information over the phone unless you are sure who is on the other end, or you initiated the call.
- If you are traveling, have your mail held at the post office or have someone you trust pick it up for you daily.

CONTINUED ON BACK PAGE

in the know

## Late-Breaking Health News

### >> Up to one-fifth of elderly Americans have been pre-scribed one or more of 33 medications

considered inappropriate for them. Nearly 1 million elderly used at least one of 11 medications that should never be given to older people, according to a study by the U.S. Agency for Healthcare Research and Quality. These medications include long-acting benzodiazepines and oral hypoglycemics, sedative or hypnotic agents, analgesics, antiemetics and gastrointestinal antispasmodics. The study also found that elderly women and older people in poor health who took the most prescriptions were more likely than others to take inappropriate drugs.

### >> Use of booster seats has increased, but most children are still not safely restrained in motor vehicles.

One study found booster seat use among youngsters ages 4 to 8 increased 74 percent each year from 1998 to 2000. When the study began, 4.6 percent of children were regularly restrained in such seats; at the study's end, 13 percent. According to the American Academy of Pediatrics, all children who have outgrown a forward-facing car seat should be restrained in a belt-positioning booster seat, not with an adult seatbelt, until at least age 8 or a height of 4 foot 9 inches. Previous studies found children between 2 and 5 who use the adult belts



### >> MANY CHILDREN WITH ASTHMA AREN'T USING THE PROPER MEDICATION TO PREVENT FLARE-UPS.


A study of 433 young patients at The Children's Hospital of Philadelphia found only 38 percent of those treated for acute asthma in the hospital's emergency room took anti-inflammatory medications daily and only 18 percent took inhaled corticosteroids daily. The study also found most children took only one of the five actions the National Heart, Lung and Blood Institutes recommends be taken at the onset of an asthma attack. Ninety-three percent of the children in the study were African-Americans, a population with the highest risk of developing asthma and the highest death rate from the disease in the U.S.

were 3.5 times more likely to suffer significant injury and four times more likely to suffer significant head and brain injuries than those in the same age group who use car or booster seats.

*See your physician for guidance and advice regarding a specific health condition.*

**A world of information available via phone, fax, or computer.**

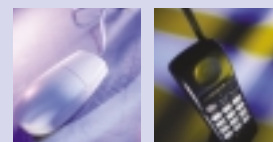
You may think of this publication as just a magazine. But would you believe it's also an access index to one of the largest databases of family health and personal self-care data around? With our free Vitality-on-Demand (VOD) service, you can get all of the information you need any time you want it!

**Look for this symbol  throughout the magazine for topics you would like to learn more about.**

**Placing your VOD order is simple. And it's free.**

**Via the Internet:** Visit our home page at [www.vitality.com](http://www.vitality.com) and press the VOD button. Enter the three-digit VOD number from this magazine, or you can search by keyword.

**Via Phone/Fax:** Just pick up the phone and dial 800-863-7736 (available 24 hours a day). A voice prompt will ask you for the three-digit VOD document number(s) and a destination fax number. In minutes, your information will arrive.



## SPECIAL REPORTS

- 540** How to Quit Smoking
- 541** Sensible Weight Loss
- 542** Lowering Your Cholesterol
- 543** Reducing Your Stress
- 544** Walking for Fitness
- 545** Workstation Comfort
- 546** Fixing an Aching Back
- 547** Start Exercising

**Improvements in heart-disease risk factors** can be measured within weeks in smokers who quit — or reduce — their puffing. Smoking exposes people to high levels of carbon monoxide, which increases cholesterol levels, white blood cell counts and other risk factors for heart disease. Carbon monoxide also decreases oxygen in the blood, aggravating the complications of heart disease and increasing the risk of heart attack.

**VOD 256**

*Society of Research on Nicotine and Tobacco, Menlo Park, CA.*

**Use cotton balls soaked in bleach** to clean out those grimy, hard-to-reach areas where the bathtub meets the tile.

*Family Circle, 110 Fifth Ave., New York, NY 10011, 17 times a year, \$15.97/yr.*

**Embrace change at work.** Become a master at what you do, then take steps to stay abreast of new developments in your field. You can either be a perpetual student who continually acquires new skills or someone who becomes outdated and obsolete.

*12 Simple Secrets of Happiness at Work by Glenn Van Ekeren, Prentice Hall Press, 2001, \$11.*

**Don't marinate foods in aluminum containers.** The aluminum will react with the acid in the marinade, giving meat a metallic taste. Instead, use stainless-steel, glass or ceramic containers.

*Redbook, 224 W. 57th St., New York, NY 10019, monthly, \$15.97/yr.*

**Establishing a nightly ritual** as soon as you get home from work will help you make the transition from the office to home, and thus release the tension built up throughout the workday. For example: Walk the dog or change into your favorite jeans.

*Peter Fraenkel, Ph.D., director, Institute for the Family, New York, NY.*

## Lifesaving Tips For Nighttime Driving

TRAFFIC DEATH RATES ARE THREE TIMES GREATER AT NIGHT than during the day.

One reason night driving proves so dangerous is darkness. Ninety percent of a driver's reaction depends on vision, which is severely limited at night.

Fatigue also adds danger to after-dark driving. Drowsiness, especially when combined with alcohol consumption, dulls concentration and slows reaction time.

### Night-Driving Safety Guidelines

- **DON'T DRINK AND DRIVE.** Besides severely impairing your driving ability, alcohol acts as a depressant. Just one drink can induce fatigue.
- **TURN ON YOUR HEADLIGHTS AS SOON AS THE SUN GOES DOWN.** Twilight is one of the most difficult times to drive because your eyes must constantly change to adapt to the growing darkness.
- **PREPARE YOUR CAR FOR NIGHT DRIVING.** Clean your headlights, taillights, signal lights and windows once a week, more often if necessary.
- **HAVE YOUR HEADLIGHTS PROPERLY AIMED.** Misaimed headlights blind other drivers and reduce your ability to see the road.
- **AVOID SMOKING WHEN YOU DRIVE.** Smoke's nicotine and carbon monoxide hamper night vision.
- **REDUCE YOUR SPEED AND INCREASE YOUR FOLLOWING DISTANCES.** It's more difficult to judge another vehicle's speed and distance at night.
- **IF AN ONCOMING VEHICLE DOESN'T LOWER BEAMS FROM HIGH TO LOW,** avoid glare by watching the right edge of the road.



### Combating Driver Fatigue

These tips can help you stay awake.

- **AVOID LONG DRIVES AT NIGHT.**
- **GET ENOUGH SLEEP.** Get seven or eight hours of sleep the night before a trip and don't start your drive late in the day.
- **IF POSSIBLE, DON'T DRIVE ALONE.** Passengers can take turns driving and keep you awake.
- **ADJUST YOUR CAR'S ENVIRONMENT SO IT HELPS KEEP YOU AWAKE AND ALERT.** Keep the temperature cool. Turn the radio up and switch stations frequently. Don't use cruise control; keep your body involved with the driving.
- **WATCH YOUR POSTURE.** Drive with your head up and your shoulders back.
- **TAKE FREQUENT BREAKS.** At least every two hours, stop, get out of the car, walk around, even jog or do calisthenics; exercise fights fatigue.
- **IF ANTI-FATIGUE MEASURES FAIL,** find a safe, guarded rest area, truck stop or service station, lock your car and take a nap.

For further information, see the National Safety Council's Web site at [www.nsc.org](http://www.nsc.org).

## net resources

# Your Guide to Healthy Web Sites

### LAB TESTS ONLINE

>> [www.labtestsonline.org](http://www.labtestsonline.org)

This helpful site helps visitors learn to interpret the results of lab tests that are part of routine care as well as treatment of a broad range of illnesses and conditions. Besides general information about lab tests, specific interpretations can be found for blood tests, Pap smears, DREs, PSAs, bone density scans and dozens of other screenings.

### HARVARD HEALTH PUBLICATIONS

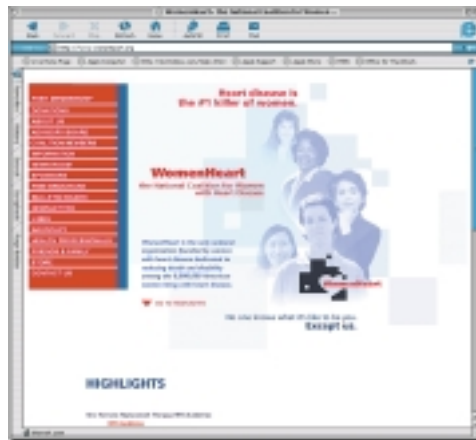
>> [www.health.harvard.edu](http://www.health.harvard.edu)

This site gives you access to the excellent consumer-health publications published by Harvard University, including the *Harvard Health Letter*, *Harvard Mental Health Letter*, *Harvard Women's Health Watch* and *Harvard Men's Health Watch*. Research scientists and other members of Harvard's esteemed medical school discuss a wide range of health topics.

### DIET SITE

>> [www.dietsite.com](http://www.dietsite.com)

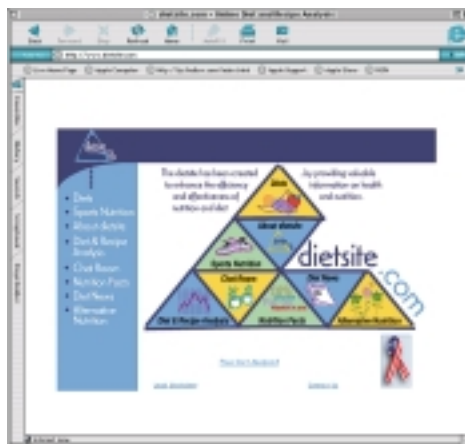
This site provide a nutritional breakdown of recipes and an analysis of visitor's diets. The site also provides diet news and headlines, food-safety tips, directives for reading food labels and information on food additives. Chat rooms covering many diet and nutrition-related topics are offered along with advice on alternative- and sports-nutrition.



### THE NATIONAL COALITION FOR WOMEN WITH HEART DISEASE

>> [www.womenheart.org](http://www.womenheart.org)

**A coalition dedicated to improving the longevity and quality of life of the 8 million American women living with heart disease sponsors this site. It promotes early diagnosis and proper treatment of women while minimizing their preventable pain and disability, the healing powers of support and connection through an interactive Web site and a national network of support groups. It provides women with relevant and reliable information that enables them to make necessary behavioral changes and informed healthcare choices. Articles on the site cover varied topics, such as how to afford medical insurance and prescription medications, and how to recognize the depression that often accompanies breast cancer.**



## DIGEST

**Frequent hand-washing** reduces the rate of respiratory illness. A two-year study of Navy recruits found those who washed their hands at least five times a day had 45 percent fewer bouts of respiratory illnesses, such as colds, than those who washed less often. **VOD 260**

American College of Preventive Medicine, San Diego, CA.

**Eat healthfully at an Italian restaurant** by ordering a dish with a tomato-based sauce, such as marinara. Or ask that your pasta come *alla checca*, meaning mixed with fresh chopped tomatoes, garlic, basil and heart-healthy olive oil.

Men's Fitness, 21100 Erwin St., Woodland Hills, CA 91367, monthly, \$26.50/yr.

**The most successful people** help others achieve more than they thought they could. To do that: Always expect and discover the best in people. Share your affection. Send notes of encouragement and appreciation. Refrain from jealousy and anger. Be a cheering section for others.

12 Simple Secrets of Happiness at Work by Glenn Van Ekeren, Prentice Hall Press, 2001, \$11.

**Increasing your walking pace** from 3.5 mph to 4.5 mph means you'll burn 50 percent more calories.

Mark Fenton, author of *The Complete Guide to Walking for Health, Weight Loss and Fitness*, Lyons Press, 2001, \$24.95.

**Check with your doctor before mixing any herbs** with birth control pills. Research suggests they could interact negatively with your contraceptive, perhaps thwarting the anti-pregnancy effect or increasing breast swelling. Be especially cautious about chasteberry, red clover, echinacea and St. John's wort.

Stephen Hall, Ph.D., professor of medicine, Indiana University School of Medicine, Indianapolis.



# Cancer Screenings: Beating Your Fears for Good

**MANY PEOPLE, IT SEEMS, AVOID CANCER SCREENINGS**, even if they schedule yearly physical exams.

Susan DeCristofaro, R.N., M.S., O.C.N., isn't surprised. As director of patient family education for the Dana-Farber Cancer Institute in Boston, DeCristofaro has heard a variety of reasons people don't get the screenings. "Patients tell us they have no time, that they have to put their family first. Some just don't have the health insurance to pay for screenings and they can't afford it. And others believe they're fine, so they're of the opinion if it's not broken, why fix it?"

These excuses actually mask two reasons patients don't get screened, one of which is inconvenience. "These screenings aren't painful, but they do take time," says DeCristofaro.

The other reason: fear. "There's a real fear and denial about cancer. That's why, deep down, most people avoid getting screened," she says.

However, she stresses that many cancers can be treated successfully, or at least kept in check, if caught early enough. And the screenings represent the best route to early detection.

"The longer the cancer is in the body, and the longer it remains untreated, the more likely it will move to

another part of the body through the circulatory system or lymph glands," she says. "That's how it spreads."

The good news is that being screened for cancer doesn't have to be a traumatic experience for anyone.

## Steps to Take

DeCristofaro recommends the following methods to help people overcome their fears of screenings.

■ **GET A YEARLY PHYSICAL.** "Getting to a healthcare professional's office is a good start and, for many people, the first step," says DeCristofaro. "Depending on the person's age and risk factors, the doctor may suggest a

colonoscopy or a mammography or another screening if warranted."

■ **DO AS MUCH RESEARCH ABOUT CANCER SCREENINGS AS POSSIBLE.**

"Reading and learning about cancer screenings is of enormous assistance," she says. "Education and talking to others who have gone through it is important for patients' peace of mind and lets them know what they can expect."

■ **TAKE A FRIEND WITH YOU** who has already been through a screening. "You don't need to go to a screening by yourself," she says. "Take someone, a friend, anyone, to keep you company."

■ **DON'T BE AFRAID IT WILL HURT.** "I can't think of one screening that's truly painful. It's inconvenient, it's time-consuming, but it's not painful," she says.

DeCristofaro also has a message for those who have had cancer: Tell your friends to get the screenings.

"The survivors out there can help a great deal by going out and encouraging people to get their cancer screenings," she says. "Even if you can encourage just one person to get screened just one time a year, that can help."

**More information on cancer screenings is available from Vitality-on-Demand. Please request VOD 156.**



**Many people are afraid that cancer screenings will be painful, so they avoid them and live in denial. The truth is that cancer screenings are pain-free and can save lives.**

Amy Sorter spoke with Susan DeCristofaro, R.N., M.S., O.C.N., director of patient family education for the Dana-Farber Cancer Institute in Boston. The institute, along with its Jimmy Fund Clinic, treats adults and children with cancer while advancing the understanding, diagnosis, treatment, cure and prevention of cancer and related diseases. For more information, visit the American Cancer Society's Web site at [www.cancer.org](http://www.cancer.org).

## healthy dining

# Quizno's

### YOUR NEIGHBORHOOD QUIZNO'S

offers a range of sandwiches, soups and salads. Many of the menu offerings are high in fat, but others aren't.

The most healthful choices include the Tuscan Chicken Salad Sub, Honey Bourbon Chicken Sub, Turkey Lite Sub and Veggie Lite Sub. Each contain less than 7 gm. fat and fewer than 335 calories.

On the flip side, avoid high-fat subs such as the Honey Bacon Club, Double Cheese Meat Sub and the Classic Italian sub. They come with add-ons such as guacamole, extra cheese, bacon and luncheon meats such as salami, pepperoni and capicola.

Most of the salads make good choices if you top them with low-calorie salad dressings. The exception, the Italian Antipasto Salad, comes packed with high-fat meats and cheese.

Opt for low-fat soups, such as Old-fashioned Chicken Noodle. Pass on the high-fat choices, especially Creamy Broccoli Cheese Soup.



## Best Bets

Honey Bourbon Chicken Sub  
Tuscan Chicken Salad Sub  
Turkey Lite Sub  
Veggie Lite Sub  
Garden salad  
Chicken Noodle Soup

## Worst Bets

Classic Italian Sub  
Honey Bacon Club  
Black Angus Steak Sandwich  
Turkey Bacon Guacamole Sub  
Double Cheese Melt Sub  
Creamy Broccoli Cheese Soup

## vitality suggests

### Healthy

- ☐ HONEY BOURBON CHICKEN SUB
- ☐ SMALL GARDEN SALAD
- ☐ LOW-CAL DRESSING
- ☐ ICED TEA

### Healthier

- ☐ TUSCAN CHICKEN SALAD SUB
- ☐ CHICKEN NOODLE SOUP
- ☐ DIET SODA

### Healthiest

- ☐ VEGGIE LITE SUB
- ☐ SMALL GARDEN SALAD
- ☐ LOW-CAL DRESSING
- ☐ ORANGE JUICE

Nutrition information at [www.quiznos.com](http://www.quiznos.com).

# DIGEST

**Sleepless nights don't have to be a part of aging.** Although sleep becomes less restful for most people starting some time between ages 50 and 60, doctors can treat chronic insomnia. Discuss your sleep problems with your physician if: Your sleeplessness affects your daytime functioning. You have disruptive snoring or irregular breathing. You depend on sleeping pills. You routinely feel dozy when you need to be alert, such as when driving.

**VOD 261**

Mayo Clinic, Rochester, MN.

**Eat a handful of macadamia nuts** about a half-hour before running a marathon. The nuts provide unsaturated fat, which will slow your metabolism and help your energy supply last longer.

Men's Health, 33 E. Minor St., Emmaus, PA 18098, 10 times a year, \$20/yr.

**When you must put phone callers on hold,** thank them for their patience when you return to the line. If you don't thank them for holding, they might be annoyed you made them wait.

99 Tips to Improve Your On-the-Job Communication by Helen Wilkie, MHW Communications, 2001, \$5.

**Your abs get a killer workout** if you use proper form when you walk. As you stride, concentrate on pulling your abs back toward your spine and then up.

Lisa Norden-White, co-owner, Allen Edwards Body & Soul Studio, Woodland Hills, CA.

**Eating more asparagus, broccoli, lettuce** and other green vegetables may help you reduce your risk of heart disease. The veggies are high in lutein, an antioxidant that helps prevent blood vessels from clogging.

Health, 2100 Lakeshore Blvd., Birmingham, AL 35209, 10 times a year, \$19.97/yr.

**Bread and other grain foods** are good for you because: They supply energy to keep you going strong through the day. Their fiber may help prevent cancer and some diseases. Their B vitamins can reduce memory loss. They're low in fat and calories — on average, a slice of bread contains 80 calories and 1 gm. of fat. **VOD 259**

Wheat Foods Council, Parker, CO.

## Taking the bad with the good.

Nearly half of Americans ages 20 to 29 believe divorce laws should be changed to make it more difficult for people to end their marriages.

Gallup Organization, Princeton, NJ.

**You achieve nothing** when you focus only on why something can't be done. Instead, focus on what can be done and how you can be the one to do it.

*Please Don't Just Do What I Tell You, Do What Needs to Be Done* by Bob Nelson, Ph.D., Hyperion, 2001, \$17.95.

## Spending more time with family and friends,

and less time watching television, will add more happiness to your life. Budget your boob-tube time by checking your newspaper's television guide each Sunday and highlighting six hours of programming to watch that week. Then watch only those shows.

*Cooking Light*, 2100 Lakeshore Drive, Birmingham, AL 35209, 10 times a year, \$18/yr.

## Whole grains help prevent cancer and heart disease,

yet only 10 percent of Americans consume the recommended six to eleven servings per day. Whole-grain bread isn't your only option. Half of a low-fat bran muffin, a half-cup of brown rice and an ounce of Cheerios each counts as a serving.

*Fitness*, 110 Fifth Ave., New York, NY 10011, 10 times a year, \$17/yr.

## health data

# Vitality's Guide to Medical Specialists

YOU MAY BE ADVISED TO SEE A SPECIALIST if you have a condition your primary-care doctor can't treat.

Doctors who complete one year of standard postgraduate training may then go into special postgraduate programs to qualify for one or more of the following medical or surgical specialties or subspecialties.



## Specialists

- Allergy and immunology
- Anesthesiology
- Colon and rectal surgery
- Dermatology
- Emergency medicine
- Internal medicine
- Cardiology
- Endocrinology
- Gastroenterology
- Geriatrics
- Hematology
- Infectious diseases
- Nephrology
- Pulmonary disease
- Rheumatology
- Neurological surgery
- Neurology
- Nuclear medicine
- Obstetrics and gynecology
- Oncology
- Ophthalmology
- Otolaryngology
- Pathology
- Pediatric cardiology
- Pediatric endocrinology
- Pediatric oncology
- Neonatal-perinatal medicine
- Physical medicine
- Plastic surgery
- Preventive medicine
- Psychiatry
- Radiology
- Thoracic surgery
- Urology

## Area of Expertise

immune system  
 pain relief during surgery or procedures  
 digestive-tract surgery  
 skin and scalp  
 medical emergencies  
 adults  
 heart  
 glands and hormones  
 digestive system  
 elderly people  
 blood  
 infections  
 kidneys  
 lungs  
 arthritis  
 brain surgery  
 central nervous system and brain  
 using radioactive chemicals  
 pregnancy and women's health problems  
 cancer  
 eyes  
 ear, nose and throat  
 causes and effects of diseases  
 children's hearts  
 children's glands  
 children's cancer  
 treatment in the womb  
 using physical therapy for rehabilitation  
 surgery of the outer parts of the body  
 prevention and public health  
 mental, emotional and behavioral disorders  
 using radioactive substances  
 throat surgery  
 reproductive tract/men's health issues

# Identity Theft

continued from front page

- Rather than leaving outgoing bills in your mailbox, take them to a United States Postal Service blue mailbox.
- Tear up all receipts, bank statements, credit card offers, and other financial information before discarding.
- Do not carry your Social Security card, birth certificate, or passport with you unless absolutely necessary.
- Do not carry more checks or credit cards with you than you need.
- Avoid using birth dates, addresses, or any other easily guessed numbers as your ATM PIN. Memorize your PINs; never write them down or carry them.
- Be aware of others nearby when using your ATM card, credit card or phone calling card.

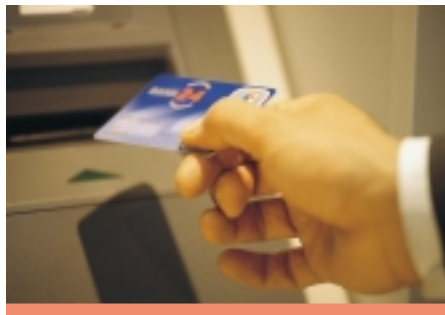
## Monitoring Your Personal Financial Information

It is equally important to closely monitor your personal financial information. Take these precautions to alert you to questionable activity.

- **REVIEW FINANCIAL INFORMATION ON A REGULAR BASIS.** Carefully check bank and credit card statements to ensure you can account for all transactions. If you find something questionable, contact the bank or financial institution immediately. If you don't receive your monthly statement on time, call your bank or financial institution right away to find out why.
- **AT LEAST ONCE PER YEAR, OBTAIN AND REVIEW YOUR CREDIT REPORT.** Credit reports can be easily ordered by contacting one of the three major credit-reporting agencies.

To place a fraud alert on your name and Social Security number, call fraud assistance of the three national credit reporting organizations: Equifax: 800-525-6285; Experian (formerly TRW): 888-397-3742; and Trans Union: 800-680-7289.

In addition, the Social Security Administration (800-269-0271) and the Federal Trade Commission (877-IDTHEFT) can assist.



## What Should You Do If You Become A Victim?

If you make the unfortunate discovery that you have been a victim of identity theft, you must take action. Keep a detailed log of all conversations and correspondence with authorities and financial institutions. Include dates, times, and the names of those you spoke to. Send all correspondence regarding the matter via certified mail.

## How The State's Legal Plan Can Help

If you are a member of the State's Group Legal Services Insurance Plan, Telephone Identity Theft services are now included in your plan.

You can reach an identity theft specialist by calling 800-247-4184. The Telephone Identity Theft service includes unlimited toll-free access to specialists who will explain what identity theft is, how to prevent it, and counsel you on how to recover if you are a victim.

In addition, they can provide you the names of qualified attorneys. For specific coverage information, refer to your "How To" brochure or your Certificate of Insurance. If you would like more information about the Group Legal Services Plan, visit the ARAG Group Web site at: <http://members.araggroup.com/california> or call 800-247-4184.

*For additional information about fraud and identity theft, please visit DMV's Web site at <http://www.dmv.ca.gov/consumer/fraud.htm>. Article prepared by the ARAG Group, administrators of the State of California Group Legal Services Insurance Plan.*

## Take Action!

continued from front page

daily routine by setting your own physical activity goals, and then tracking your progress throughout the 10 weeks. Participants and coordinators can download a packet with everything needed to complete the 10-week program at [www.ca-takeaction.com](http://www.ca-takeaction.com).

This FREE program, available to all California employers at [www.ca-takeaction.com](http://www.ca-takeaction.com), is made possible through the public health efforts of UC San Francisco, the California Department of Health Services, and the California Health Promotion Collaborative.

## Correction:

The article "Take Good Care of Your Heart" featured in the February issue should have stated that 95% of those who suffer sudden cardiac arrest die before ever reaching the hospital, not those who suffer a heart attack. A heart attack results from coronary heart disease and occurs when the blood supply to part of the heart muscle itself is severely reduced or stopped. Cardiac arrest is the sudden, abrupt loss of heart function; the most common underlying reason for people to suffer cardiac arrest is coronary heart disease.

**The California WorksWell newsletter is available for purchase by State departments through a master agreement secured by the Department of Personnel Administration. If you would like information about purchasing, please contact:**

Sean Smith  
Health Ink & Vitality  
**800-524-1176**

